



NORTHWEST MISSOURIAN

THURSDAY | FEBRUARY 7, 2013

V88 | N18



IN 2011 **MORE THAN 7,800** CASES OF **GONORRHEA** IN MISSOURI

IN 2011 **MORE THAN 27,800** CASES OF **CHLAMYDIA** IN MISSOURI

IN 2012 **4 CASES OF GONORRHEA & 81 CASES OF CHLAMYDIA** IN NODAWAY COUNTY

PHOTO ILLUSTRATION BY KAYLA MEPELINK | NW MISSOURIAN

Missouri ranks 11th in the nation for reported gonorrhea cases and 17th for chlamydia cases in 2011, according to the Center for Disease Control.

STD rates high in Missouri's young population

THOMAS DRESSLAR
Chief Reporter | @TheMissourian

Despite the numerous assemblies and classes young people attend regarding safe sex, sexually transmitted diseases remain a growing problem in the Show-Me State.

Missouri's STD rate ranked as one of the highest states across the nation. According to the Center for Disease Control, the state came in 11th for

reported gonorrhea cases and 17th for chlamydia cases in 2011.

According to the Missouri Department of Health and Senior Services, over 7,800 cases of gonorrhea were reported in 2011, a number that has steadily increased since 2009. Of the reported cases of gonorrhea in 2011, over 4,000 came from people between 15 and 24 years old.

According to the CDC, many men and women

experience little to no symptoms, which means multiple cases remain untreated. Gonorrhea can result in serious and permanent health problems, including the inability to reproduce.

"The younger generation likes to play with fire, and when it comes to sex, sometimes they get burned," senior Colby Morris said.

SEE **STDs** | A5



CODY SIMMONS | NW MISSOURIAN

Ambassadors Erica Hanson and Kelsey Lenhart lead a family through campus. Lenhart, along with the other 18 new abassadors, is going through training.

New student ambassadors help recruit future Bearcats

BEN LAWSON
Managing Editor | @blawson2010

Northwest has added 18 student ambassadors to its recruiting team.

Student ambassadors are responsible for giving tours to prospective students and their families and facilitating other recruitment events such as Green and White Visit Days.

"Student ambassadors are important to Northwest because, as students, they have a perspective that makes a strong impact on prospective students and their families," said Jeremy Waldeier, associate director of admissions.

Ambassadors give approximately 2,700 individual tours each year. There are now 53 student ambassadors at Northwest.

Waldeier said the position is fairly competitive because of the number of students who apply, making it a prestigious position for Northwest students.

"I think students want to be a student ambassador because they feel a strong tie to Northwest and just want to give back to the institution," Waldeier said.

Applicants must go through a two-part interview process and trimester-long training program before they are approved to conduct tours on their own. Ambassadors are expected to maintain a minimum 2.9 GPA and are expected to serve until their graduation.

Senior Josh Gusak was one of the 18 hired student ambassadors. Gusak said he was drawn to the position because it was a chance to get further involved with the University.

"I love this University and all the opportunities it has given me. So this was just an opportunity to give back; plus I really like what student ambassadors stand for."

Student ambassadors are from all across the region and a wide spectrum of majors.

University officials hopeful campus dining plans will boost enrollment

TREY WILLIAMS
Editor-in-Chief | @trey3williams

Why did the chicken cross the road? To sacrifice itself so faculty and students can enjoy a chicken sandwich and some waffle fries.

Chick-fil-A is coming to campus.

It was announced last week that Aramark would remain the vendor for Northwest dining services, but that a number of changes would be made.

Matt Baker, vice president of Student Affairs, joked in last week's Board of Regents meeting that planning for renovations would start directly following the meeting.

The University, however, began getting its ducks in a row this week and set the completion date for Aug. 9.

"I would go as far as renovate; it's

not even redecorate," Baker said of the work awaiting the J.W. Jones Student Union. "It's new walls, new service areas, new equipment in some cases."

With its new five-year contract, Aramark will bring a Starbucks to the B.D. Owens Library and a Red Mango, Einstein Bros. Bagels, Zen Asian Cuisine and Chick-fil-A to the second floor of the Union.

Baker said part of the goals for the renovations is to enhance students' experience as well as increase enrollment and retention.

"When they're on their tour they ask, 'Do you have a Chick-fil-A? Oh well, I don't care if you have the best faculty ever, I can't get my mocha latte chia frappuccino from Starbucks,'" Baker said of prospective students.

SEE **DINING** | A5



KAYLA MEPELINK | NW MISSOURIAN

Junior Breanna Herron helps a student at Papa John's. It will be replaced next year by a Chick-fil-A among other things.

Nixon proposes \$150 million in education funds

LAUREN MCCOY
Chief Reporter | @mccoy014

Gov. Jay Nixon announced a proposed increase in education funding in his 2013 State of the Address.

In the proposed budget, Gov. Nixon allocated \$150 million for education. Compared to last year, early childhood would receive \$17 million more, elementary and secondary would receive \$100 million more and higher education would receive \$34 million more.

"Our children are our first priority," Nixon said. "They are Missouri's future. Of course, with increasing funding come higher expectations. We expect better test scores, better graduation rates, more college degrees and more Missourians ready to compete for the best jobs in a global economy."



KAYLA MEPELINK | NW MISSOURIAN

During his brief speech, Gov. Jay Nixon announced that Northwest would receive \$1.2 million in performance-based funding if his budget proposal passes.

Nixon plans to place more focus on early childhood in the coming year. After visiting preschool classrooms around the state and meeting

with leaders in preschool education, he concluded early childhood

SEE **EDUCATION** | A5

Maryville retains teaching positions while low wages affect turnover rates elsewhere

JOSHUA PHILLIPS
Chief Reporter | @TheMissourian

Since the recession of 2008, school districts nationwide have experienced negative effects of teacher turnover, yet in recent years

Maryville has not.

Factors that affect teacher turnover rates include teacher burnout, poor conditions at underprivileged schools, retirement and poor wages.

"Teachers are desperately un-

derpaid... I think we need to figure out how to double teacher salaries," said U.S. Education Secretary Arne Duncan at the Charles H. Wright Academy of Arts and Science in Detroit in Sept. 2011. "Starting pay should be in the \$60,000s and ex-

perienced teachers should have the ability to make \$130,000."

The average salary of approximately 120 teachers in the Maryville R-II school district was \$41,233, according to the 2012 Missouri educators' salaries statistics from the St.

Louis Post-Dispatch.

"(Teachers) leave for different reasons, and we hire for different reasons. We are excited about our new hires," Maryville High School

SEE **TEACHER** | A5



CODY SIMMONS | NW MISSOURIAN
Construction on the second floor of the J.W. Jones Student Union has already made the area unrecognizable. The renovations should be complete by March 22.

Renovations promote interaction

Tori Baigi
Chief Reporter | @TheMissourian

Renovations on the second floor of the J.W. Jones Student Union will encourage students to remove their ear buds, set down their cell phones, and experience more face-to-face engagement with peers.

Plastic curtains are not the new permanent style in the Union, but an accessory to the construction project. The University will create a more open environment for students to grow and develop into more well-rounded and social individuals.

Matt Baker, Student Affairs vice president, said the University began the renovations to promote student interaction. The University aspires to prepare students for the workforce. Baker said employers look most importantly for social skills and the ability to collaborate in fu-

ture employees.

“We are trying to get students to think about their world, be an active part of it, volunteer for things and meet new people,” Baker said.

Baker said the new area will provide a similar environment to the Union Living Room. The new area will give students a place to work, hang out, and meet with student groups and organizations.

The University last renovated the Student Union in 1999 for the same purposes. Baker said over the past decade the need to provide a more collaborative environment increased.

“We had a lot of interaction 10 years ago,” Baker said. “Now we text more, Facebook, tweet, and there’s a lot less discussion. It was very uncommon 10 years ago to see a student walking across campus with headphones in. Now it is uncommon to see a student without headphones.”

The Northwest construction crew will remove the fronts of all offices in the area, including the Office of Campus Activities, Intercultural International Center, Volunteer Services and Student Senate. The crew removed numerous walls to create an open area.

The crew will install a door in the area creating direct access to the Student Affairs Office. Baker said the door will give individual students and campus organizations easier access to the Union coordinator’s office in case they have questions about renting rooms.

Renovations began two weeks ago and will cost the University \$20,000. The project is an eight to 12 week process. Baker said renovations will conclude before spring break.

New standards change definition of alcoholic

Tori Baigi
Chief Reporter | @TheMissourian

Changes to a mental disorder definition could diagnose 40 percent of college students as victims of alcoholism.

The Diagnostic and Statistics Manual for Mental Disorders website temporarily took down the definition of the upcoming psychiatric diagnostic manual, DSM-V, for further renovation due to the uproar it caused among the public.

The new DSM removes the medical distinction between alcohol abuse and alcohol dependence. According to TIME, the new medical manual will label a large amount of college students as “addicted.”

Freshman Sylvia Spoerry said she would not consider most college binge-drinkers as having a problem.

“I think they’re just doing it for the experience,” Spoerry said.

DSM-V will have one diagnosis for alcohol-use problems that will range within three levels of severity. The current DSM-IV includes two categories of diagnosis. “Alcohol abuse” describes short-term problems such as college binge drinkers and “alcohol dependence,” which

refers to long-term problems.

Daily Mail said the new medical manual will categorize many college students as “mild alcoholics.” According to CNN, most college binge drinkers do not develop life-long problems.

“I think once people graduate, they realize they’re supposed to be more mature and professional,” Spoerry said.

Sean Prescott is a co-owner for New Beginnings Counseling Center, which focuses on substance abuse counseling for youth in the area. Prescott said the public is blowing the speculated outcomes of the new manual out of proportion.

“Let’s be real, few people ever get to the point where they are diagnosed,” Prescott said. “And as far as the press saying more people will be diagnosed as ‘addicts’ or ‘alcoholics,’ there are no medical diagnoses for either of these. ‘Addict’ and ‘alcoholic’ are self-diagnosed terms.”

Prescott said he does not see many changes in the new manual. Prescott said it only gives professionals a more efficient way to study and classify alcoholism.

Officials will release the new version of the DSM in May.

Department makes plans to replace farm facilities

JESSICA LUNDQUIST
Missourian Reporter | @TheMissourian

The Department of Agriculture plans for new facilities to replace hail-damaged buildings near the W.T. Wright University Farm.

Plans have been underway to construct new buildings to replace those affected by hail damage since the storm in August 2011.

“Planning of new facilities takes a little time,” said Eric Mousel, chair of the Department of Agriculture.

The sheep barn, beef barn, and swine facilities are all considered for replacement. The total cost of the additions is not yet clear.

“The insurance company said it would cost less to replace them than to fix them,” said Mousel.

Several other buildings also experienced significant damage, but because the building was newer and less expensive to repair than the

others, it is already redone.

“We decided to basically maintain the part of the building that was still standing,” said Mousel.

The Department of Agriculture now uses this building as a shop.

The replacement buildings will bring more space as well as more teaching opportunities. In case of bad weather, students who have labs held on the farm do not have an alternate location for class.

This problem will be solved with the addition of the new buildings.

Students who might expect to use these new facilities include those taking introductory animal science courses, swine production courses and students involved in livestock judging.

Construction will begin this spring. The Department of Agriculture hopes to complete the project by August.



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Weekend Events

Friday, April 6

Art exhibit: John Y. Change: “Encounters of Space” Olive DeLuce Fine Arts Building	Room selection 2013-14: FVA current residents select different apartment 9:30 a.m. at Forest Village Apartments
Baked Potato/Candy Gram Sale Garrett-Strong Science Building	Room selection 2013-14: FVA current residents select different apartment 1 p.m. at Forest Village Apartments
Northwest Fitness Center—Heart Health Challenge Lamkin Activity Center	Tower King and Queen Nominations
Homecoming co-chair and committee applications J.W. Jones Student Union	News conference/signing ceremony for BlurPort, LLC 3:30 p.m. at Center for Innovation and Entrepreneurship
K-5 English Language Arts Common Core Network 8:30 a.m. at the Station	St. Joseph Alumni and Friends Chapter Mardi Gras Party 6:30 p.m. at Boudreaux's Back Room
MAP A Drop in Work Day 9 a.m. at Thompson-Ringold Building	Colorado Alumni and Friends Chapter Event 7 p.m. at Paxia

Saturday, April 7

Art exhibit: John Y. Change: “Encounters of Space” Olive DeLuce Fine Arts Building	Arts ACT 8 a.m. at Colden Hall
Northwest Fitness Center—Heart Health Challenge Lamkin Activity Center	Distinguished Scholar's Day 8:45 a.m. at J.W. Jones Student Union
Tower King and Queen Nominations	Chocolate Festival 12 p.m. at First Presbyterian Church
Homecoming co-chair and committee applications 8 a.m. at J.W. Jones Student Union	Women's Basketball at Washburn 5 p.m. at Topeka, Kan.
Show Choir Festival Ron Houston Center for the Performing	Men's Basketball at Washburn 7 p.m. at Topeka, Kan.

Sunday, April 8

Art exhibit: John Y. Change: “Encounters of Space” Olive DeLuce Fine Arts Building	applications J.W. Jones Student Union
Northwest Fitness Center—Heart Health Challenge Lamkin Activity Center	Chinese New Year
Tower King and Queen Nominations Homecoming co-chair and committee	Wesley Center: Bowl-A-Thon 1 p.m. at Bearcat Lanes
	Mass 7 p.m. at Newman Catholic Center

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Firearms course proposed for first-graders

LAUREN MCCOY
Chief Reporter | @mccoy014

“Stop. Don’t touch. Leave the area; tell an adult.”

This is the message Eddie Eagle will teach first-graders about gun safety if Senate Bill 75 passes.

Eddie Eagle is part of proposed Senate Bill 75, which would require all first-graders in Missouri schools to receive gun safety lessons from the National Rifle Association in the form of a child-friendly video.

“If you see a firearm, stop what you’re doing, don’t touch it, and get out of the area. Report to an adult,” Senator Dan Brown (Rep.-Rolla) said to the Riverfront Times.

Brown has received an overwhelmingly negative reaction to the bill. The bill has nothing to do with teaching children to shoot or promoting the NRA, said Brown.

The program emphasizes gun safety and teaches what to do if a child comes across an unsecured weapon. This does not require real guns, nor would children be taught how to handle firearms. It also includes an eight-hour training course for teachers on shooters and other similar crisis situations.

Opponents are concerned about who will foot the bill for the program. While the training materials will be covered under a grant the NRA receives, the price to provide substitute teachers during the



LAUREN RICHARDSON | NW MISSOURIAN
Graduate Assistant Blaine Adams teaches first-graders at Horace Mann. If Senate Bill 75 is passed, first-graders in Missouri will be required to receive gun safety lessons through the National Rifle Association.

annual crisis training is projected to cost \$16 million. Brown disputed the projected cost.

For Linda Morgan of Maryville, mother of two, the cost was not as important as what the program teaches. She did not believe a program such as Eddie Eagle would be sending the right message to children.

“It would give kids that age a false sense of comfort that they

‘know what to do’ rather than fear and avoid it,” Morgan said. “It sounds to me like a distraction technique to avoid the real issues of getting tougher laws in place to monitor and train adults who want to purchase a gun.”

Junior Jenny Hutton, who aspires to join the education field, felt differently.

“Coming from a small town, it’s not uncommon to learn about

guns or how to properly use them,” Hutton said. “I feel that teaching them not to play with guns is important, but depending on what they’ve been taught at home, it might contradict what they’ve been taught at school.”

Brown has acknowledged the bill has slim chances of passing, but another purpose of the bill is to start a conversation about gun safety and children.

Safety checks help maintain local bar scene

JOSHUA PHILLIPS
Chief Reporter | @TheMissourian

Without a Maryville department keeping alcohol-selling business in line, bars would not be able to provide enjoyment for Northwest students.

The Maryville code enforcement department requires routine inspections of all Maryville bars before they can sell alcohol throughout the year.

“There are a lot of factors involved, especially when you have a packed place like that and people start panicking,” The Palms owner Paul Thompson said. “[Safety checks are things] that any business owner should be doing in the first place without having to be forced to do it.”

Before springtime each year, the Maryville code enforcement department does a routine fire and life safety inspection of businesses that sell alcohol. Businesses that sell alcohol must have a satisfactory inspection before being able to renew their yearlong liquor license.

Businesses may not be able to pass an inspection if there could be probable cause for a safety hazard, such as a fire or bar hazard that would result in injury. Businesses that do not pass the inspections are given a time frame to fix the code violation. The time frame is based on the code violation and the severity of the violation.

“Bars and nightclubs present unique hazards. They attract a large number of people, [especially] during Homecoming and St. Patrick’s Day,” Code Enforcement Officer James Wiederholt said. “The greatest chance of a large casualty catastrophe is with packed bars and nightclubs.”

The fire and life safety inspectors are comprised of members from the fire department and the code enforcement department. The code enforcement department also reviews building plan submissions and permit applications to see if the building needs to conform to international building codes and Maryville municipal ordinances.

Thompson said that even with the Brazil nightclub fire “people are going to go out and have a good time anyway. They might pick and choose a little more about where they go to, like they may go to smaller places instead of more packed places.”

Routine checks by the Maryville code of enforcement department make sure that bars such as the Palms will not have a safety-related hazard.

People working toward GEDs face fresh difficulties

BRANDON ZENNER
Missourian Reporter | @TheMissourian

Missouri’s Adult Education and Literacy programs will face big changes in the beginning of 2014.

Though the date is still far off, adults and those looking to pass the General Education Development test should do so before the next calendar year.

Practice and preparation for the high school equivalency assessment can vary in length, so Linda Stephens, AEL and GED director of the Northwest Missouri region, encourages people looking to receive their GED to do so before any changes take effect.

The final changes will not be clear until Missouri’s education department has selected vendors, companies to develop and regulate the assessment. The new version

will cost \$140 compared to the current price of \$40 and will be administered on a computer.

Under the new format, states also may choose different vendors, which may cause difficulties for people choosing the GED over a high school diploma.

“Each individual state now can select their own vendor, so Missouri may have one vendor where Iowa or Kansas may have another,” Stephens said. “We are telling our adults to hurry and take the old version.”

With states using different vendors, it is unclear if scores will be honored in other states. Stephens also suggests that the result will be a much tougher examination.

The GED test has been around since 1947 and changes nearly every decade to keep up with high

school standards. The format has not been changed since 2002 and the new test will adapt to the higher standards of high schools.

“Since standards have raised, the test has to be aligned with competencies that are required in high school,” Stephens said. “It will be more like a version of the ACT”

She encourages adults who have not passed all five sections of the assessment to do so before December 31 so they will not need to start all over. The assessment is given once a month on the last Thursday at the Northwest Technical School on 1515 South Munn in Maryville.

Adults looking to prepare or take the GED can receive training from Stephens and her staff of 18 in the region as well as the Maryville Treatment Center.

The AEL sees about 100 people

a year at their Northwest location and has a wide variety of ways to help anybody looking to receive their GED.

“We try to find out their weak areas and train them through computer courses and textbook instruction. We offer individual and group discussion,” Stephens said. “When we feel they are ready, we give them practice GEDs and help them apply to the state.”

The Maryville AEL is open Monday through Friday from 8 a.m. until noon. The organization is run under the Maryville R-II district but the campus provides them with class space. They are located in the Thomson-Ringold building. Adults looking to receive help or partake in their free classes are encouraged to visit the AEL or call 660-582-5615.

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AP Photo/The Plain Dealer, Chris Stephens
Instructor Pamela Venus, left, encourages participant Florence Campbell to laugh by suggesting various made-up laughs at the Open Heart Laughter Yoga Club in Lakewood, Ohio Monday, May 19, 2008. Doctors and researchers who have found positive benefits of laughter, from maintaining a healthy heart to reducing stress and depression.

Stress curbed by laughing, studies show

TIM CROWLEY
Director - PDC

What is the greatest reward of being alive? Is it chocolate, music, good health, tropical vacations, hugs from children, a perfect night's sleep or the satisfaction of a job well done? A hundred people, a hundred different answers, but one of life's greatest joys is laughter. Little can compare to the feeling of a deep, robust, heartfelt laughing spell. No matter your age, gender, income, race or living situation, life is good when laughter is frequent.

Life is also healthier. People have long said that laughter is the best medicine, and research has shown the health benefits of laughter are far-reaching. Studies have shown that laughter can help you cope with pain, reduce stress, bring greater happiness and help you live longer. The best part of laughing: it feels good. Whether we are seeing a comedy show, watching a great movie, or simply reminiscing with friends, laughter makes us feel relaxed, calm and

happy.

Unfortunately, many people don't get enough laughter in their lives. William Fry, psychiatrist and professor emeritus from the Stanford University School of Medicine, has been hailed as a pioneer in the field of humor research and suggests that healthy children may laugh as much as 400 times per day. This is compared to adults who tend to laugh only 10 times per day. He suggests a recommended daily dose of mirthful laughter (15-20 minutes minimum) for maximum health benefits.

Laughter is one of my all-time favorite stress management strategies because it's free, convenient and helpful in so many ways. Charlie Chaplin once said "a day without laughter is a day wasted." Laughter connects us with others. Just as with smiling and kindness, most people find that laughter is contagious, so if you bring more laughter into your life, you can most likely help others around you to laugh more and realize these benefits as well.

Positive psychology names the propensity for laughter and sense

of humor as one of the 24 main signature strengths a person can possess. Have you ever felt like you "have to laugh or I'll cry?" Have you experienced the cleansed feeling after a good laugh? Laughter provides a physical and emotional release. Remember that all laughter is not created equal. Sarcasm usually involves hurting someone. Be careful of biting remarks that may get a laugh out of some, but crush the spirits of another.

Laughter helps us handle challenges because it relaxes us and gives us a better perspective. A good belly laugh gives us the opportunity to look at things differently and defuses painful emotions. Can you remember a time when you've laughed and things have somehow seemed different? We even say we've "laughed it off." Laughter puts us at ease. People who laugh worry less than those who don't. What a simple gift we've got –if we only used it more! Why not decide to laugh more and live more in 2013?

CAMPUS TALK

How should high schools be teaching sex education?



"Rather than abstinence, high schools should teach how to use protection along with the consequences of unprotected sex. Kids are going to have sex anyway."

Chucky Kempf
Freshman
Broadcasting

"They should teach all types of sex ed, regardless of their opinion. They should show informational videos and slide-shows."

Jessica Porter
Sophomore
Broadcasting

"Teach kids to use condoms if they are going to have sex. They should teach kids about all forms of contraceptives."

Liz Ruckman
Sophomore
Theater

"I think they should teach a wide variety of different options rather than focusing on just one."

Sarah Newmaster
Sophomore
Media

"High school should have some form of sex ed. There should be a variety of different things you should learn."

Tori Cantrell
Sophomore
Spanish Education

Different herbs bring relief to respiratory illnesses for many

JEANETTE BARCUS
CH, CNHC, Iridologist

Congestion, coughing, sniffles, allergic reactions and sneezing, among other sinus issues... are all symptoms that the respiratory system needs support. Throughout history mankind has turned to the herbs of the field to provide help and support for a distressed respiratory system, and modern science shows there are good reasons to consider these herbs when respiratory distress comes calling.

The following herbs: mullein, horseradish root, boneset, fennel, and fenugreek, have a long history of helping to soothe irritated respiratory tissues, encouraging a cleansing of the respiratory tract and assisting the body in neutralizing respiratory allergens.

Mullein leaves have a history of soothing inflammation of the mucous membranes that line the respiratory tract. It is considered to be a very powerful lung-support herb, especially when the lungs are weakened. The muscle relaxing effects of mullein help relieve chronic coughing and ab-

dominal cramping. Popular uses of mullein include allergies, hay fever, asthma, colds, coughs, croup, emphysema, hoarseness, laryngitis, sinus congestion, tonsillitis, whooping cough and any other lung ailments.

Horseradish root's powerful sinus opening and mucus thinning effects are well known to anyone who has ever eaten a generous amount of this spicy herb. It is also a strong digestive stimulant. Horseradish stimulates circulation, induces perspiration, increases mucosal fluids to remove allergens and acts as an antiseptic, diuretic and expectorant. Typically, horseradish has been used for asthma, bronchitis, colds, coughs, debility, fever, flu, hayfever, rheumatism and sinus congestion.

Boneset herb also stimulates production of mucosal fluid to flush out toxins and allergens. Along with its many other benefits, boneset stimulates immune activity and resistance to bacterial and viral infections. Boneset has been used for fevers, flu, colds, coughs, emphysema, rheumatic illness and respiratory tract

infections.

Fennel is probably most widely known for promoting digestion, but it also has a good reputation for reducing inflammation, acting as an antiseptic, diuretic, mild expectorant and antispasmodic to help relieve chronic coughs. Fennel has historically been used to promote deeper breathing. Fennel's other traditional uses include curing anorexia, colds, colic, and as a digestive aid.

Fenugreek acts as an expectorant and antispasmodic to loosen phlegm and help stop chronic coughs. It can help with fever, lung congestion, allergies, kidney disorders, protein digestion and overall health. Many enjoy using a fenugreek and thyme formula when there is sinus and ear congestion for the mucus thinning and clearing results they experience. Another formula combining fenugreek and marshmallow is commonly used when there is a chronic cough left over after a cold/viral infection. These two herbs seem to be the right mix to soothe the irritated tissues involved.

OUR VIEW: Contraceptives crucial in slowing rise of STDs

You don't go very far without seeing television ads about condoms, most with a humorous slant. The lightheartedness of the advertisements betrays the importance of stopping sexually transmitted diseases and the importance of using the product. In our hypersexualized lives, sex is just another activity, but we need to be careful.

STDs have been on the rise in recent years, fueled by an increase in unprotected sexual activity with multiple partners. Missouri is in the top 15 states with the highest reported cases of STDs. Since 2000, reported cases of chlamydia in Nodaway County alone have risen from 26 cases to 81 cases in 2012. It is on the rise in counties that house universities and large student populations.

Within large groups of college students who seem to have callous disregard when it comes to who they have sex with or how often they change partners, we must expect a rise in STDs. This could come from an underinformed population. If people do not understand the consequences of their actions, there will be no way to curb the problems.

Despite the lighthearted ads from Trojan condoms, meant to sell the product, the importance of contraceptives can be lost on people. The more people practice safe sexual activities, the lower the cases of

STDs will be, especially cases that cannot be cured. We have seen an increase in AIDs across the world as an ever-growing number of cases that could be curbed by safe sex practices.

Stopping the rise of STDs has been a goal for decades since science has given us cures to many viral diseases. It ultimately falls on people to be practical and safe when they choose their sexual partners. The solution is a combination of knowing your partner as well as using safe sex practices and contraceptives.

Studies are showing that abstinence only sex education, a popular concept in Republican states, is the worst form of sex education. Many red states have the highest teen pregnancy rates and STD rates. While teaching students about contraceptives does not ultimately prevent teen pregnancy either, it provides young people with the necessary knowledge they need to make smart choices.

Condoms are not 100 percent effective in preventing both STDs and pregnancy, but it is a start in the right direction. The use of contraceptives of any type is essential in preventing unwanted incidents, whether it is pregnancy or STDs. No matter how much fun unprotected sex may be, there is nothing fun about the possible consequences.

Modern empires will fail in our technological world



All great things must come to an end. The Roman empire, Spain and even the UK all crashed and burned when they tried to control everything. They controlled every aspect of life; it was their way or the highway, and they fell.

You do not even need to look at ancient history; you can look at companies in the last 100 years. Companies like Microsoft controlled a huge market, then things shifted toward tablets and smartphones, and the company lost its edge. We are entering an era of new leaders, and those leaders come from the tech world.

Facebook, Apple and Google, among others, are the new leaders, and they are going to be gone before we know it, just like all the great empires before them. The end of these tech giants may not happen for some time, but their fall is inevitable.

Facebook will eventually fall into obscurity and lose relevance in most people's lives. Its dismal IPO and falling stock prices were the first sign that Facebook, the company, would not make it. People are getting fed

up with privacy issues as Facebook pushes the envelope of what is ethical and what isn't. The company doesn't offer anything invaluable or irreplaceable; any company could create a social media site that gains dominance on the Internet.

Apple won't fall as hard; they have billions of dollars in the bank and an almost endless supply of great products people will love. They will become less and less profitable in the coming years, and eventually, they will become like Sony or any other tech giant, relevant but no longer dominant in the industry.

Google is an interesting case though; it is dominant in more than one industry. It is reminiscent of old Microsoft but on a much larger scale. Google, along with Facebook, is pushing the line on privacy. With the new Google Plus, it essentially began publishing personal information on search results. Google will remain in our lives for much longer than many tech companies because it has its hand in everything from social media to books.

All great things will eventually end. What goes up must come down, hard. We will live to see the fall of many more giants, ones we perceive as constants in our lives. As long as the Internet remains and we can get on Reddit, we should be OK.

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EDUCATION

CONTINUED FROM A1

education is an investment that will have a big return.

“We want every child in every Missouri community – no matter their family’s circumstances – to get the best possible start,” Nixon said.

The increase of \$17 million will more than double the funding for early childhood education in Missouri.

“Ten million of that would be for the Missouri Pre-school Program,” said Missouri Department of Elementary and Secondary Education communications coordinator Sarah Potter. “We’re very excited to hear about that. That’s a quality program providing preschools to districts and kids all over the state.”

The funding would mean several other changes for DESE.

“The state foundation formula will get \$66 million more, so we would be able to give all of the districts a little bit of a funding boost,” Potter said. “It is going to help districts especially because transportation costs keep going up”

The increase for K-12 classrooms would be used to train teachers, modernize equipment and lengthen the school year.

Missouri schools have the fourth-shortest school year in the nation, and adding six more days to the school year will give teachers and students more time to work together, Nixon said.

For the 2013 fiscal year, Northwest would receive an additional funding of \$291,799, but that money would not be handed out freely.

“Instead of funding schools based merely on what they’ve received in the past, we’ll tie new funds to specific performance goals, like increased student retention, higher graduation rates and improved learning,” Nixon said. “We will achieve higher academic goals – with greater accountability.

education is an investment that will have a big return.

“We want every child in every Missouri community – no matter their family’s circumstances – to get the best possible start,” Nixon said.

The increase of \$17 million will more than double the funding for early childhood education in Missouri.

Find more Online

Check out a story covering Nixon’s visit to Northwest.

Mnwmissourinews.com

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STDs

CONTINUED FROM A1

Chlamydia cases also steadily increased over the past six years. In 2011, there were over 27,800 cases reported in Missouri, with over half coming from the 15-24 age demographic.

“It’s obvious that there are a lot of unsafe sex practices going on that have put many young people at risk,” said Judy Freuh, Wellness Center clinic supervisor.

While the state produces high numbers, most cases come from metropolitan areas like Kansas City and St. Louis. According to the Missouri State Health Department, 74 percent of all gonorrhea cases came from Jackson and St. Louis Counties.

DINING

CONTINUED FROM A1

The University budgeted the cost of renovations to the Union, library, Garrett-Strong and Valk at approximately \$8.5 million.

“Working with our legal council, we asked for prepaid commission,” Baker said. “So (Aramark) have advanced us five years of commission. All the commissions we put in an escrow account, and then we will pay that back through our revenues over the first five years.”

So, through campus dining meal plans and revenue, students will pay for the renovations. Students will likely see an increase of 2 percent to room and board meal plan rates.



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nence because it has been proven that teaching every kid that they must wait until marriage has not worked,” sophomore Ben Louchios said.

A 2007 study by the Sexuality Information and Education Council of the United States concluded that STD rates were often higher in states that had an abstinence-only sex education policy.

“Abstinence is the best policy; however, safe sex practices need to be taught,” Freuh said.

The CDC outlined a few practices that have been successful in reducing sexual risk behaviors. These practices include a delay in

people’s first sexual encounter, a decline in the number of sex partners and an increase in condom or contraceptive use.

“Here at Northwest, we give students access to free condoms from the Wellness Center and provide the campus with free sex education programs,” Freuh said.

Students can receive STD and HIV testing at the Wellness Center.

Find more Online

A complete list of Missouri’s STD statistics for 2012.

Mnwmissourinews.com

TEACHER

CONTINUED FROM A1

Principal Jason Eggers said. “This is more of a positive thing than a negative thing for us.”

In each of the last few years, five or less teachers have left the high school, Eggers said. However, other school districts are not able to retain teachers as well as the Maryville school district because of teacher turnover factors.

The University of Washington Center for the Study of Teaching and Policy published Richard M.

Ingersoll’s study, Teacher Turnover, Teacher Strategies, and the Organization of Schools.

Ingersoll said that “moreover, the data show, again contrary to popular wisdom, that the amount of turnover accounted for by retirement is relatively minor, especially when compared to that resulting from two related causes – teacher job dissatisfaction and teachers pursuing other jobs.”

Other reasons for teacher turnout include poor benefits, poor pension funds, and low wages, the national average is \$35,000.



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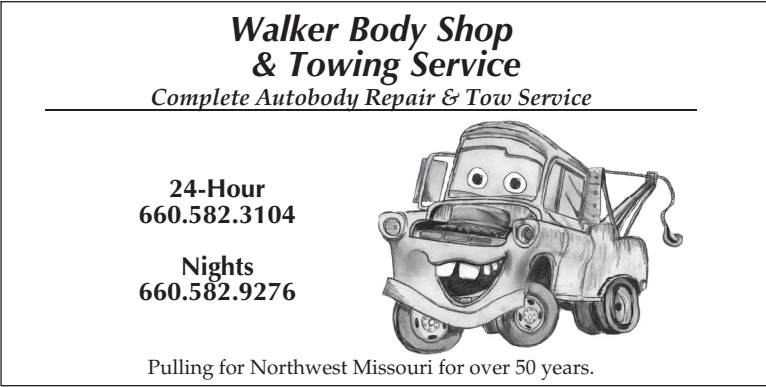
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Pam, Pat, Jackie, Bernice, Andrea & Ashli

Blotter from the Maryville Department of Public Safety

Jan. 27
There is an ongoing investigation of a lost/stolen property at the 400 block of West Ninth Street.

There was a fire reported at the 1000 block of Faustiana Drive.

There is an ongoing investigation of larceny from a motor vehicle at the 2400 block of Aurora Avenue.

Jan. 28
There is an ongoing investigation of property damage at the 100 block of Park Avenue.

There is an ongoing investigation of domestic assault at the 500 block of West Fifth Street.

There is an ongoing investigation of larceny at the 900 block of South Main Street.

An accident occurred between Vincent A. Schieber, 54, and Eldon L. Everhart, 76, both of Maryville, Mo., at the 1200 block of South Main Street.

There is an ongoing investigation of fraud at the 900 block of East Fourth Street.

Jan. 29
There is an ongoing investigation of larceny at the 1600 block of South Main Street.

There is an ongoing investigation of larceny from a motor vehicle at the

2400 block of Aurora Avenue.

Cody N. Auffert, 20, Maryville, Mo., was charged with possession of drug paraphernalia, a minor in possession and being in the park after hours at the 1100 block of North Country Club Road.

There is an ongoing investigation of larceny at the 300 block of East Eighth Street.

Jan. 30
An accident occurred between William P. Moore, 49, and William C. Hopper, 33, both of Maryville, Mo., at the 800 block of East Edwards Street.

There is an ongoing investigation of larceny at the 500 block of East

Seventh Street.

An accident occurred between Carrie E. Lafaver, 20, Maryville, Mo., and James W. Sanwald, 32, Lebanon, Mo., at the intersection of U.S. Hwy. 71 and U.S. Business Hwy. 71.

An accident occurred between Johnny D. Norton, 37, Maryville, Mo., Matthew H. Hager, 23, Clearmont, Mo., and Darren White, 53, Maryville, Mo., at the intersection of U.S. Hwy. 71 and U.S. Business Hwy. 71. Norton was issued a citation for careless and imprudent driving and failure to maintain financial responsibility. Hager was issued a citation for driving with a revoked license and failure to maintain financial responsibility.

Jan. 31
There is an ongoing investigation of property damage at the 100 block of West Ninth Street.

Feb. 2
There is an ongoing investigation of larceny from a motor vehicle at the 600 block of North Fillmore Street.

An accident occurred between Erik C. Williams, Maryville, Mo., and an unknown driver at the 600 block of North Fillmore Street.

Feb. 3
There is an ongoing investigation of larceny at the 200 block of East Third Street.

Blotter from the Nodaway County Sheriff’s Department

Jan. 25
Rodney A. Cronk, 49, Maryville, Mo., was arrested for trespassing in connection with a trespassing case reported Jan. 11.

Jan. 26
Andrew D. Griffin, 21, Kansas City, Mo., was arrested on a Nodaway County warrant from failure to appear in court

and assault/attempted assault of a law enforcement officer, correctional officer, emergency personnel, highway worker, utility worker, or cable worker.

Jan. 28
James Gibson, 30, Cameron, Mo., was arrested on a Nodaway County warrant for violence to an employee of the Department of Corrections of an

inmate by an inmate.

Michael D. McCormick, 47, Maryville, Mo., was arrested on a Nodaway County warrant for theft.

Justin J. Brodrick, 31, Burlington Junction, Mo., was arrested on a Nodaway County warrant for non-support.

Johnathon R. Brodrick, 26, and Larry M. Miller, 19, both of Burlington Junction, Mo., were arrested for second-degree assault.

David L. Berry, 26, Springfield, Mo., was arrested on a Nodaway County warrant for endangering a correctional employee, visitor or other offender by

attempting to knowingly cause person to come into contact with bodily fluids.

Jan. 29
Cody D. Hoepker, 28, Hopkins, Mo., was arrested on a Nodaway County warrant for failure to appear in court and non-support.

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Across

1 They sit at stands
5 Check out with nefarious intent
9 Gyneco-'s opposite
14 Really cruel guy
15 ABA member
16 Man-trap
17 Grievously wound
18 Approach
19 Thirteenth Amendment beneficiary
20 Game with a windmill, usually
23 "... takers?"
24 Big shots
25 Requiring an adult escort
28 Big London attraction?
29 Handy set
30 Former despot
Amin
31 Uncle Remus rogue
36 Big butte
37 Bootcut
Skinny brand
38 PC interconnection
39 Like proofed dough
40 Dueler's choice
41 Insect honored on a 1999 U.S. postage stamp
43 Make a booboo
44 ___ Lingus
45 Article in Der Spiegel
46 Not at all out of the question
48 "Shucks!"
50 Friend of François
53 Literally meaning "driving enjoyment," slogan once used by the maker of the ends of 20-, 31- and 41-Across
56 Popular household fish
58 Princess with an earmuff-like hair style
59 Lose color
60 "If ___ Would Leave You"
61 Sea decimated by Soviet irrigation projects
62 Done
63 Removal of govt. restrictions
64 Lucie's dad
65 Boarding pass datum

Down

1 "I, Claudius" feature
2 Piano teacher's command
3 Like pickle juice
4 Big rig
5 Ensenada bar
6 Devoured
7 Headlines
8 Rochester's love
9 Categorize
10 Nabisco cookie brand
11 Most in need of insulation
12 Gun
13 Individual
21 Declares
22 Spunk
26 Four-wheeled flop
27 Title name in Mellencamp's "little ditty"
28 Runny fromage
29 Powerful pair of checkers
31 Run, as colors
32 Copy, for short
33 Eternally
34 Get fuzzy
35 Prohibition
36 Appearance
39 Run the country
41 Antelope playmate
42 Language of South Asia
44 Secretary of state after Ed Muskie
47 Support for practicing plié
48 Farmers' John
49 Diva specialties
50 Sonoran succulent
51 Jason's jilted wife
52 Like helium
54 "Impaler" of Romanian history
55 Sci-fi staples
56 Rocker
Nugent
57 Night before

Horoscopes:

Today's Birthday (02/07/13). Enjoy the social whirlwind and romantic sparks until a project captivates. April promotions generate lasting results. Be cautious with investments after that, and keep providing great service for a steady rise in status. Love pays fine dividends.

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

Aries (March 21-April 19) -- Today is an 8 -- There could be mechanical problems. Delegate to someone who'll do the job better than you. Exceed expectations. Set your own long-range goals, and record a significant dream.

Taurus (April 20-May 20) -- Today is an 8 -- You help others stay on track. But this may not be something you're willing to do in every case. Consult an expert. Don't be pushed into anything. Choose.

Gemini (May 21-June 20) -- Today is a 7 -- Respectfully move quickly with more work. Emotions direct your activities, and your destination calls. Beauty feeds you now, which adds to your charm. Don't forget an imminent deadline.

Cancer (June 21-July 22) -- Today is a 9 -- Get farther than expected, despite conflicting orders. More money is coming in. Friends help you around a difficult situation. Improve working conditions. You can work it out.

Leo (July 23-Aug. 22) -- Today is an 8 -- Plug a financial leak, and guard against reckless spending. Save money by consuming less and conserving energy. Inspire others and motivate yourself. Give thanks for a lucky break.

Virgo (Aug. 23-Sept. 22) -- Today is a 7 -- List the changes you want to make. Good deeds you've done bring benefits. Think

Nancy Black MCT Campus

fast, and put a surprising development to good use. Don't rely on untested equipment.

Libra (Sept. 23-Oct. 22) -- Today is an 8 -- You can do more than you thought. You've been doing the job the hard way. Creative work pays well. Keep digging. You're great at networking. Valuable new opportunities arise.

Scorpio (Oct. 23-Nov. 21) -- Today is a 9 -- Reaffirm a commitment, romantic or otherwise. You're attractive. The wallet's getting fuller. Sand down rough edges and facilitate creative efforts. Add glitter. The pace picks up. Compromise gets achieved.

Sagittarius (Nov. 22-Dec. 21) -- Today is an 8 -- Household matters demand attention. There's more money flowing in, luckily. You're very magnetic now. A partner may be even luckier. Witness another stroke of brilliance. Keep the faith.

Capricorn (Dec. 22-Jan. 19) -- Today is a 9 -- Don't worry about things you can't change. Old formulas don't fit; new procedures glitch. But it all comes together. And time with your sweetheart is extra nice.

Aquarius (Jan. 20-Feb. 18) -- Today is a 6 -- Make a big improvement. Problems may still arise. Ask for money anyway. Circumstances dictate the direction. Obstacles make you even more determined. Cross things off your private list.

Pisces (Feb. 19-March 20) -- Today is an 8 -- Suddenly you're in an alien environment. Get the facts by asking detailed questions. Provide well for family. New opportunities arise, including a conflict of interests. Choose for love.

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PHOTO ILLUSTRATION BY KAYLA MEPPELINK | NW MISSOURIAN
Students use refund check money for various items including bills, beer, electronics, clothes and entertainment. The average student refund was estimated by the Bursar's Office to be \$1,800 every semester.

Students spend refund checks on needs, wants, fun

COREY FROM
Features Editor | @morfyeroc

At the beginning of each semester, college students are issued refund checks. But how does a student from Northwest spend that money?

The majority of students said that they always put their refunds directly toward their debt.

"Mine goes to student loans and bills. That's always first," Marlon Oliver said.

Some of the students did not put it toward their debt but instead used their check on things for school, such as books or programs for their education.

"A big portion goes to my rent and fraternity dues," Kaleb Sweet said.

Other students mentioned using it for conventional needs, such as parts for their car. Lacey Heinrichs said that she would be using it for some vehicle upgrades.

"This time I'm using it for new tires and, hopefully, a new muffler," Heinrichs said.

Other students decided that a good use for their refund check was to help pay for living expenses. Aaron Scarbrough said he spent a good chunk of his on rent.

"I just figured I might as well get that all paid for the rest of the year," Scarbrough said.

Similarly, other students thought saving the money for emergencies was the wise move.

"I purposely plan for refund checks to be put toward bills and to have a little extra spending money for the semester...having the refund check as a back up is never a bad idea...until I graduate that is," Heather Shumake said.

Students also spend their check on things they probably do not need. From televisions to Xboxes and even beer, some students on campus bought the luxury items they wanted.

Kaleb Mitchell talked about spending his refund check on wants in addition to things he needs.

"...I have to add more shoes to my collection. I'm looking toward 20 new pairs before the end of the year," Mitchell said

Some students made non-conventional purchases with their checks.

Britt Parker, spent some money on her pet, among other things.

"I spend some of it on alcohol and my dog," Parker said.

One student, Sabrina Chappel, donated a little bit of her refund to a local business, despite the fact that it was closing, after she purchased some self-fulfilling merchandise.

"I spent some of it at Hobby Lobby for crafting [supplies]. And then I donated some of it to Movie Magic," Chappel said.

Vacations were another option that was mentioned. Andy Chamberlain has saved both of his refunds this year to take a trip.

"I am spending it on my trip to Mexico," Chamberlain said.

Refund checks can vary from nothing to \$200 and even \$4,000. A fairly large number of students don't even get a refund check.

Why don't some students get a refund check? After students fill out a FASFA, they are also eligible to receive loans from the federal or state government and possibly private student loans through various organizations.

If a student borrows more money than required for tuition and the various fees associated with higher education, the difference is given to the person who borrowed the money, in most cases the student.

According to the Cashiering/Bursar's Office, it's hard to determine a median range for what the average dollar amount would be for all the refund checks that get issued. Diana Heitman, associate burser, had a fair estimate.

"Just for this spring [semester], I would say [the average] is around \$1,800," Heitman said.

As the cost of schooling continues to go up, so will students' refunds checks. As for students at Northwest, most of them make the choice to put it toward their debt, or at least use them to finance living throughout their college years.

HOW DO YOU SPEND YOUR CHECKS?

"I spend some of it on alcohol and my dog."
BRITT PARKER

"Mine goes to student loans and bills. That's always first."
MARLON OLIVER

"I am spending it on my trip to Mexico."
ANDY CHAMBERLAIN

"I just save mine."
ALVIN EDWARDS

‘Coheed’ returns in similar, epic style

IAN ECHLIN
Missourian Reporter | @TheMissourian

Lead singer Claudio Sanchez and the other members of Coheed and Cambria successfully reincarnate their style with their double album, “The Afterman.”

“The Afterman: Ascension” is the preceding half of the album and was released last October. The Feb. 5 release of “Descension” completes another chapter in the Coheed and Cambria story.

Rumors of a studio movie produced by Mark Wahlberg reflect the success the band has seen in the last 10 years.

A studio movie would tell the story of the “Armory Wars,” the fictional saga already illustrated by Coheed’s albums and the comic books written by lead singer Sanchez.

“The Afterman: Descension” tells a story similar to those in the band’s previous albums. “Descension” leads off with a slow intro then segues into a fiery track, “Key

Entity Extraction V: Sentry the Defiant”.

“Number City” includes Coheed and Cambria’s basic prog-rock sound mixed with brass instrumentals. The brass instrumentals make the track different from anything we have heard from Coheed and Cambria before.

The first half of the album reaches the bar that previous tracks like “Welcome Home” and “A Favor House Atlantic” set almost 10 years ago.

The pace of the album slows down toward the second half of the album. The second half has potential to lose the interest of a non-Coheed fan.

All Coheed albums tell stories of war battles. The second half reflects the internal conflict the main character is dealing with after returning from a war.

The band has been able to survive the common shuffle of band members and still establish itself as one of the most popular rock groups of the last 10 years.



cardinalplaylists.wordpress.com



Artist: Coheed and Cambria
Album: “The Afterman: Descension”
Release date: Feb. 5 2013
Production Company: Hundred Handed/Everything Evil

THE STROLLER: Your Man dishes out winter fashion advice

I love watching the wimps between classes who can’t even handle a little snow and wind. (I’m not talking to you, guy wearing shorts on a day when every other school had classes cancelled. Just remember, you’re a nerveless stud until you get hypothermia. Then you just will be an idiot.)

Anyway, pansies, I’m here to offer my advice on weatherproof outerwear for Northwest.

For men, big headphones are sheer genius. They look less ‘Elton John’ than earmuffs, and what pair of earmuffs can pump out the “Shrek” soundtrack at 85 dB? Just mindlessly nod your head like a ghetto bobblehead toy so people think you’re listening to Puff Daddy or whatever hip jam the kids are grooving to.

I haven’t figured out scarves yet. Scarves are like the last desperate effort to add warmth through a rectangular strip of fabric. That’s all. No sleeves, no water proofing, no zippers. Just a strip of cotton and you’re supposed to figure out what

to do with it. If somebody finds directions to my scarf, please share them with me. Some people cover their mouth and nose with it. Only do this if you’re going for the “Prospect Avenue” look.

Mittens are scientifically proven to be superior to gloves because they keep your fingers together. But they also rate pretty high on the dweeb scale. But science! you protest. Can it, nerd. It’s also scientifically proven that a 1993 Geo Metro, with its three cylinders of fury, will save you wads of cash on gas. It will also save you money in condoms because you won’t be pulling any tail in a 1993 Geo Metro.

If you’re wearing a Carhartt coat and reading this, you are a farm person and have picked up a newspaper by mistake.

But the coziest and most underrated cold weather gear is the boots with the furrrrr.

The Stroller has been a tradition since 1918 and does not reflect the views of The Northwest Missourian.



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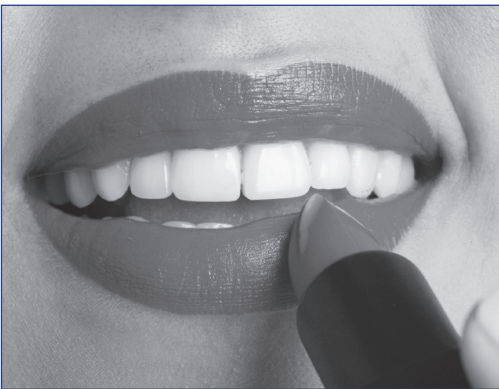
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Northwest locks up 34 recruits

DALTON VITT
Online Editor | @DTrain_KC

Another national signing day in the wind, and another big recruiting class in the books for Northwest, this one focused on the trenches.

Head coach Adam Dorrel and his coaching staff signed 34 players, including 17 linemen, 11 on the defensive side and six on the offensive side.

“If you’re really good on the offensive and defensive line and you have good quarterback play, you have a chance every year to be special,” Dorrel said. “That’s always been our approach ... It certainly helps to have depth at (the defensive line) position.”

The offensive linemen are Jimmy Alloway (O’Fallon), Bryce Denton (St. Joseph), Ryan Huff (Ralston, Neb.), Dylan Jones (Johnston, Iowa), Myles McIntyre (Florissant) and Noah Taylor (Bouton, Iowa).

On defensive line, Northwest inked Ben Calamari (Barrington, Ill.), Luke Drazic (Omaha, Neb.), Bobby Gruenloh (Palmyra), Jordan Harold (Ferguson, Neb.), Zack Hughes (St. Louis), Keaton Hulett (Creston,

Iowa), Jamie Nix (Raytown), Jimmy Sellers (St. Louis), Josh Spiller (Kirkwood) and Tyler Van Dahm (North Riverside, Ill.)

The Bearcats also signed Maryville native Caleb Mather who will contribute to the defensive line.

“He’s been a Bearcat his whole life,” Dorrel said. “His mom and dad, I loved hearing this story when we were recruiting him and I was home visiting him about (how) he cried after one of our national championship losses as a young guy. I think that’s neat, that was me ... Obviously he’s a great gift for us.”

Eight of this season’s recruits came from St. Louis, including four from Kirkwood High School alone.

The four from Kirkwood are defensive back Edward Richey, defensive lineman Josh Spiller and twin brothers linebacker Jarrod Bishop and wide receiver Jordan Bishop.

Dorrel said the Northwest program has upped its recruiting forces in that area.

“We restructured the way we’re recruiting a little bit down there,” Dorrel said. “Before, we only had one

full-time coach, and we added another one. It’s just such a big area and it’s growing, and it continues to grow with all the suburbs there.


“We’ve always done decent there, but we thought, ‘hey, we could do a little bit better if we added another full-time coach there.’ I certainly think it helped get our name out there more.”

To add to the list, Northwest also signed Maryville quarterback Jonathan Baker, who committed Jan. 25.

“I’ve just been so proud of him because where he was as a sophomore to where he finished his high school career, that says a lot about the type of person he is,” Dorrel said. “You take it back to that state championship game; when his team, Maryville High School, needed a play, he made a play for them. That’s hard to quantify in coaching, kids that make plays like that.”

Find more Online

For a complete list of recruits and highlight videos

nwmissourinews.com

BAKER

CONTINUED FROM **A12**

Lori Hopkins, the associate athletics director for compliance and student services, will take over in Baker’s absence as interim

athletic director, but has faith the staff will continue to grow as a unit.

“What I told our coaches is two things: One thing is that I’ve been to a couple of institutions, you leave the institution but you take the friends and relationships with

you,” Baker said. “The other thing is what coach (Adam) Dorrel says a lot. Do your one-eleventh. We have accomplished some great things these last couple of years, but however many of us there are, I’m just one part. The team is still intact.”

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BEARCATS

CONTINUED FROM **A12**

went down with a MCL sprain.

McCollum gathered his troops again and knocked off Northeastern State in impressive fashion, falling behind 20 points and relying on a freshman to hit a game-winner.

The veteran players on the team had no problem handing over the reigns to seldom-played freshman Connor Crooker because they knew that was what it was going to take to win.

The players on Northwest are not a bunch of scrubs. They play Division II basketball for a reason- because they can play. What McCollum has with this group of men is impressive.

He sat DeAngelo Hailey, arguably his best player, in the Bearcat’s 20-point comeback because he was cold and made other players step into roles they have not been in since putting on their Bearcat jerseys.

Although he claims he was outdueled by Northeastern’s coach, it was obvious to everyone in attendance that McCollum was the man forcing the other coach’s hand.

He gives a lot of the credit to the players’ energy and their never-say-die attitude, which is evident after watching what they did Wednesday.

You just don’t see that with this squad. Matt Wallace and Tyler Funk could easily let balls roll out of bounds and just try to get

the ball back the next possession, but instead they are slamming their bodies into the ground for a chance to keep a possession alive.

Just a few days after the improbable comeback, the ‘Cats didn’t have a hot hand to rely on and had to grind out another one-point victory, this time against Emporia State.

The Bearcats struggled to hit wide-open shots, so they decided to do the things they could control: hustle and be physical.

Emporia State had a six foot 11 inch monster in the paint who looked like he could break Batman’s back and take control of Gotham City.

The ‘Cats have two post players on their roster and were able to relentlessly bang with him for 40 minutes, without giving an inch.

McCollum threw an offense together to counteract Emporia’s zone on the fly and saw immediate dividends with easy backdoor layups.

The Bearcats took care of the little things that are often overlooked while watching a game, and that is what won the game.

I may be jumping the gun a little bit because both games were at home, and they only won by a combined two points.

A lot of questions about this team will be answered this week because they are going on the road for the first time without Starzl.

Whether it’s a freshman throwing the team on his back or a group of veterans doing the little things, one thing is obvious with this team: They know how to win.



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NW MEN’S BASKETBALL

MIAA STANDINGS

	Overall	MIAA
Central Mo.....	15-4	9-2
NORTHWEST.....	15-5	8-3
Washburn.....	14-4	7-3
Northeastern State.....	15-5	8-4
Lindenwood.....	14-5	7-4
Fort Hays.....	13-6	7-4
Pitt. St.....	13-6	6-5
Central Oklahoma.....	8-11	6-5
Southwest Baptist.....	7-12	5-6
Mo. Southern.....	9-10	4-7
Truman.....	7-12	4-7
Mo. Western.....	8-12	4-8
Emporia St.....	8-10	3-7
Nebraska-Kearney.....	6-14	3-9
Lincoln (Mo.).....	3-18	2-9

February 7:
Lincoln at Emporia St.

Lindenwood at Northeastern State
Truman at Pitt. State
Central Mo. at Central Oklahoma
February 9:
NORTHWEST at Washburn

MHS BOY’S BASKETBALL

MEC STANDINGS

	Overall	MEC
Lafayette.....	17-3	4-0
MARYVILLE.....	14-4	3-1
Smithville.....	15-5	2-1
Cameron.....	12-7	2-1
Benton.....	6-15	3-3
Bishop LeBlond.....	6-9	1-2
Chillicothe.....	6-12	1-3
Savannah.....	6-15	0-5

February 8:
MARYVILLE at Benton
Cameron at Smithville
Savannah at Chillicothe
Lafayette at Bishop LeBlond

NW WOMEN’S BASKETBALL

MIAA STANDINGS

	Overall	MIAA
Washburn.....	15-3	9-1
Central Mo.....	17-2	9-2
Truman.....	16-3	9-2
Northeastern State.....	14-6	9-3
Emporia St.....	12-6	7-3
Fort Hays.....	14-5	6-5
Pitt. St.....	12-7	6-5
Mo. Western.....	13-7	6-6
NORTHWEST.....	11-8	5-6
Lincoln (Mo.).....	9-10	4-7
Southwest Baptist.....	9-10	4-7
Nebraska-Kearney.....	6-13	3-9
Central Oklahoma.....	8-11	1-10
Lindenwood.....	4-15	1-10

February 7:
Lincoln at Emporia St.

Lindenwood at Northeastern State
Truman at Pitt. State

February 9:
NORTHWEST at Washburn

MHS GIRL’S BASKETBALL

MEC STANDINGS

	Overall	MEC
Benton.....	15-5	4-0
Bishop LeBlond.....	12-6	3-0
Lafayette.....	15-4	4-1
Smithville.....	14-4	2-1
Cameron.....	13-7	2-2
Savannah.....	5-10	1-3
Chillicothe.....	8-13	0-3
MARYVILLE.....	5-14	0-6

February 7:
MARYVILLE at Benton
Smithville at Cameron
Savannah at Chillicothe
Bishop LeBlond at Lafayette

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Baker’s 34-point game leads boys to conference victory

CRAIG SIMS
Chief Sports Reporter | @TheCowboyCraig

Guided by a career game from one of its seniors, the Maryville boys’ basketball team won one of its biggest games of the season.

Senior guard Jonathan Baker scored a career-high 34 points in last Friday’s 64-57 win over Smithville.

Baker went 10-of-13 from the field along with four, three-pointers and a perfect 10-for-10 from the free-throw line.

Collectively, the Spoofhounds went 17-for-18 from the free-throw line.

“He’s got that capability; he’s got that talent,” head coach Mike Kuwitzky said about Baker. “He was just really focused, and he did an outstanding job.

“I thought the whole team did a really good job. The whole team was really ready to play.”

Senior forward Tyler Kenkel finished with 14 points, the only other double-digit scorer for Maryville.

Other scorers for the Spoofhounds include senior guard Treyton Burch and junior forward Trent Nally with seven points each.

With just three games left and two weeks until districts, the ‘Hounds move on to play the Benton Cardinals at 5:30 p.m. Friday at home.

Kuwitzky said that his team has to try to attack the Cardinals’ defense early.

“They’re young and talented, but they play a tough man defense,” Kuwitzky said. “We’ve been struggling a little bit against the zone, so I wouldn’t be surprised at all to see them play some zone against us, so we gotta continue to work on our zone.”

After Benton Friday, the ‘Hounds (15-6, 2-2 MEC) travel to Cameron to take on the Dragons starting at 5:30 p.m. Feb. 11 at Cameron High School.

Girls take 9th straight loss on road

ELI WELLMAN
Missourian Reporter | @NWMSports

The Spoofhound girls’ basketball team will try to snap its nine-game losing streak Thursday night against Benton.

Benton will come into the game with a 14-5 record. Head coach Grant Hageman knows it will be a tough game, but welcomes the challenge.

“They are a good team,” Hageman said. “We could just lay down and give up on this season, but I know the girls won’t do that. I feel like every time we walk onto the court, we are gonna play our hardest.”

Maryville lost Tuesday night to Chillicothe in Maryville. The 46-32 loss was the ninth straight for the Hounds, making their record 5-16.

Hageman sees lack of execution and shot making as the biggest problem for the Spoofhounds.

“They shot a much higher percentage than we did,” Hageman said. “Did they get better shots than we did? No, probably not. It comes down to making shots. When you make shots, everything shines.”

With three games left in the season, Hageman knows his players have to keep putting forth the effort.

“Each player will react to it differently,” Hageman said. “It’s adversity. We have told them all year, in basketball its 10 percent what happens to you and 90 percent how you react to it. It would be easy for them to lay down right now, but we got three games left. We will find players that will come out and keep fighting.”

Maryville’s game against Benton is at 8 p.m. Thursday night in St. Joseph.



CODY SIMMONS | NW MISSOURIAN

Junior point guard Cassie Holtman blows by a defender on her way into the paint Tuesday night against Benton at home.

Wrestlers compete in last tournament before district meet begins

ELI WELLMAN
Missourian Reporter | @NWMSports

The Maryville wrestling team will compete this weekend for a shot to advance to the state tournament.

Head coach Joe Drake looks at the district tournament just like any other wrestling meet.

“We don’t talk a lot about it,”

Drake said. “We don’t put a lot of pressure on them. I know from experience that young kids don’t handle pressure real well because they just don’t have the experience and haven’t wrestled enough matches to do that.”

The Spoofhounds have youth working against them this season.

“We aren’t real strong, team-

wise,” Drake said. “We are young and inexperienced. We have a lot of kids sitting in the middle that are pretty average this year.”

Drake does expect to have some of his wrestlers to advance to the next round after this weekend.

“We have three or four boys that are doing exceptionally well,” Drake said. “Our expectations are that

we hope to get those three or four through.”

Maryville competed at the Albany Tournament last weekend. The Spoofhounds went 2-2 as a team on the day. Drake said the day was about what he expected from his team with a couple of surprises.

“We defeated Albany, who defeated us earlier in the year. So that

was kind of the highlight of the day,” Drake said. “Then we turned around and lost to Gallatin who we beat fairly easy earlier in the year. So we went from a high to a low pretty quick.”

Maryville will compete this weekend for a shot at wrestling in the state tournament. The tournament will start Friday night in Bethany at South Harrison High School.

ATHLETES of the WEEK



BEARCATS

Grant Cozad



Sophomore forward Grant Cozad finished with 12 points and shot a perfect 4-for-4 from the free throw line in Saturday’s 52-51 win over Emporia State.

Monique Stevens

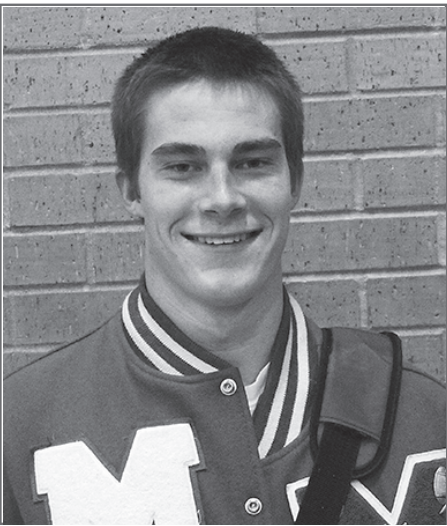


Junior guard Monique Stevens scored a career-high 20 points and went 6-for-9 from beyond the arc in the 67-64 victory over Northeastern State Jan. 31.

SPOOFHOUNDS



Jonathan Baker



Senior guard Jonathan Baker finished with a career-high 34 points and set him over the 1,000 career point mark in the 64-57 win over Smithville Feb. 1st.

Chelsea Byland



Junior guard Chelsea Byland scored eight points for the Spoofhounds in the 46-32 loss to Chillicothe Tuesday. Tuesday’s game marked the ‘Hounds ninth consecutive loss.

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CODY SIMMONS | NW MISSOURIAN
Freshman guard Conner Crooker drives in for a game-winning layup on Thursday, drawing an and-one to set up the game-winning free throw with 4.4 seconds left.

Men go on road for two MIAA matchups

CHRIS SCHOONOVER
Sports Editor | @schoon54

After going 2-0 at home last week, Northwest travels to Kansas twice for MIAA play.

The 'Cats knocked off Northeastern State last Wednesday after trailing by 20 points.

The Bearcats took the lead with 4.4 seconds remaining after freshman guard Connor Crooker took the ball the length of the court and converted an and-one.

The 'Cats struggled to knock down shots Saturday but found a way to grind out a 52-51 victory against Emporia State with clutch defense in the final stretch.

"I thought we guarded and played with a lot of energy in spurts, especially against Emporia," head coach Ben McCollum said.

Northwest will take the court against the MIAA's top-scoring team, Fort Hays State.

Fort Hays has four players scoring in double-digits, and instead of making just one of the players beat them, McCollum plans to shut all four Tigers down.

"We are going to try and defend them all," McCollum said. "The objective is to defend them all as a team. We don't really focus on shutting one guy down on a team like this."

Northwest will once again be without junior forward Dillon Starzl Wednesday night after missing the last two games with a MCL sprain.

"What you lose is about 14 points a game from Dillon because when he's playing, no matter if it's man or zone, he will shoot about 70 percent a game," McCollum said.

The results of Wednesday's game against Fort Hays were not available as of press time.

The Bearcats take on Washburn at 3:30 Saturday at Washburn University for another MIAA matchup.

Softball takes field for 1st time

JOEY TUCKER
Chief Sports Reporter | @joetony325

With a core of its players back from last season, Northwest softball is primed to improve on a 20-31 mark from a year ago.

The Bearcats open the season Feb. 9 in Leavenworth, Kan., taking on Saint Mary in a double-header.

Head coach Ryan Anderson says his team will focus on the fundamentals this weekend.

"I hope the pitchers can come out and try to get some sharpness going. It's always a tough transition of having to practice inside then having to go throw on dirt. We need to get some of those bugs out," Anderson said.

Northwest returns four All-MIAA players from last season, including senior starting pitcher Jenna Creger who became the all-time strikeout leader at Northwest during her junior year.

"She thinks on the mound. There are a lot of pitchers out there that may have good pitches or pitches



FILE PHOTO | NW MISSOURIAN
Senior catcher Kylie Cantrell makes contact with a pitch last season. The Bearcats finished under .500 in 2012 but return four All-MIAA players to the roster.

that work great, but Jenna actually thinks," Anderson said. "She thinks about situations and where to pitch people and that kind of stuff, and that helps."

Despite being slated to finish eighth in the conference in the pre-season polls, Anderson is confident

in his squad for the upcoming season.

"With the amount of seniors, upperclassmen that we have coming back, we're excited about that," Anderson said.

"I don't think anybody on our team thinks we're eighth."

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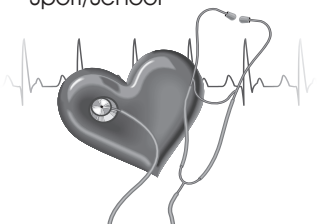
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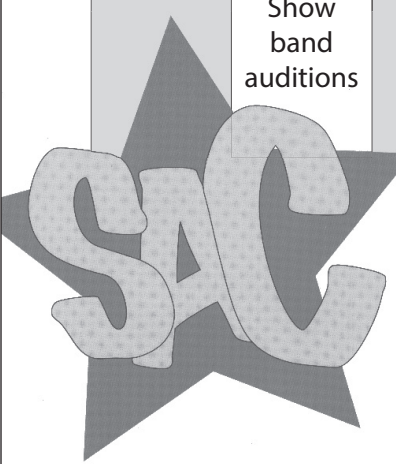
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10	11 Talent Show acoustic auditions	12	13 SAC Lunch Bear Creations	14	15	16
17	18	19	20	21 Late night Human Scrabble	22	23
24	25 Talent Show band auditions	26	27	28		



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Northwest signees: Head coach Adam Dorrel announces 34 signed 2013 recruits. | **A9**

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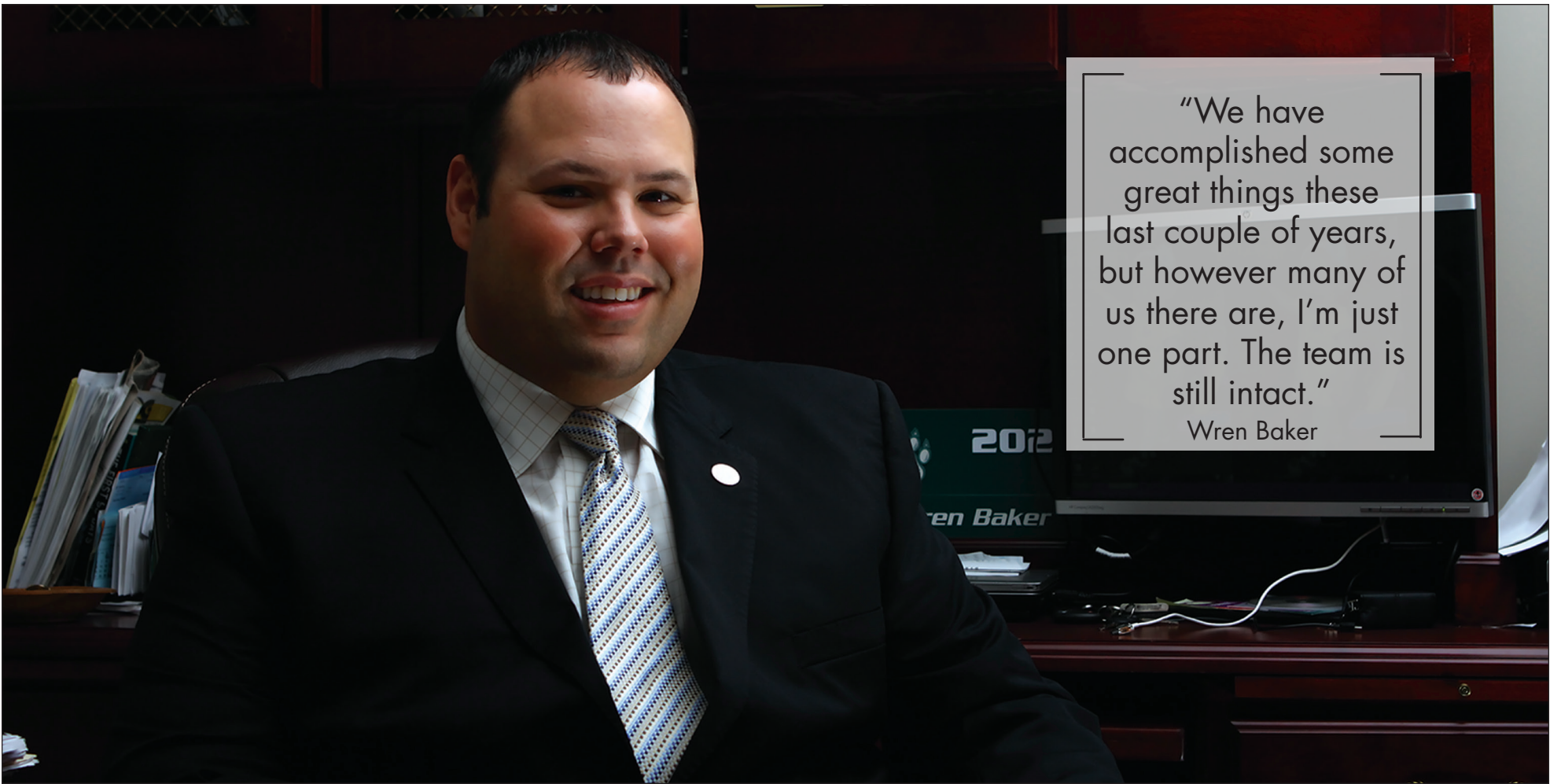
Northwest Men’s Basketball: ‘Cats go on the road for back-to-back games. | **A11**



MISSOURIAN SPORTS

THURSDAY | FEBRUARY 7, 2013

V88 | N18



“We have accomplished some great things these last couple of years, but however many of us there are, I’m just one part. The team is still intact.”
Wren Baker

FILE PHOTO | NW MISSOURIAN

Athletic director Wren Baker will leave Northwest to take on the role of athletic director of external affairs at the University of Memphis. Baker has been the athletic director at Northwest since February 2011.

Baker resigns for bigger opportunity at Memphis

CHRIS SCHOONOVER
Sports Editor | @schoon54

Athletic director Wren Baker announced his resignation Wednesday morning after accepting the deputy athletic director of external affairs position at the University of Memphis. In his new role, Baker will be in charge of developing and marketing Tiger sports properties. He will also serve as an advisor to the Memphis athletic director and will serve as acting athletic director in his absence. “It’s a role where I get to go in there and be in his upper management team and get opportunities to be exposed to big-time Division I athletics,” Baker said. “I will probably

open up some career possibilities that would have not have been there in the future. I will get to work a lot with men’s basketball. I have a strong basketball background, and he’s more new and more of a football guy.” The process began two weeks ago when Baker was contacted by Tiger’s athletic director Tom Bowen. “We weren’t looking for a job,” Baker said. “We’ve been really happy here. The people here...wow, this is a fun place to be.” “We got a call a couple of weeks ago from the athletic director, and we’ve met a handful of times at conferences and different things. He just wanted to know if I had any interest in talking about it. He told me a little

bit about it and asked if I had any interest, so I had to check with my wife to make sure I did. I talked to my wife and she said ‘Yeah, I think you have to listen.’” Baker’s new job at Memphis could lead to a possible bigger job at a higher level once his tenure there is over. “I have never hid the fact the ultimately, from a professional standpoint, wanted to be a Division I AD,” Baker said. “It’s just the competitive side of me. All players want to play at the high highest level, and so I would love to have that opportunity at some point.” Baker sat down with his staff to break the news and received mixed

emotions. “I got to sit down with all the coaches and shared the news with them,” Baker said. “I think they there were disappointed because I have a good relationship with them, but they are happy for us. We feel the same way. It’s bittersweet. I’m humbled to have this opportunity, but leaving here isn’t going to be easy. This is a place that endears itself to you, and it’s hard to leave.” Everybody on the Northwest athletic staff knows the importance of teamwork, and Baker has been able to spread that concept among his staff. “I really think our coaches have come together as a unit. Part of it was coach (Scott) Bostwick pass-

ing,” Baker said. “I’ve said before that he would have been very proud of us. When you go through something like that, the only thing you have is each other. We really came together through that time.” Baker said in his tenure that revenue streams have been up and corporate sponsorships have doubled, but gives credit to his Northwest staff. “I’ve been in this business for 10 years, and I haven’t accomplished a thing,” Baker said. “But I’ve been a part of some teams that accomplished a lot. The team here, as a unit, have set our goals on some lofty accomplishments.”

SEE **BAKER** | **A9**

Bearcats travel to Kansas for 2 MIAA matchups

JOEY TUCKER
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Northwest women’s basketball is searching for another marquee win as it travels to No. 9 Washburn Saturday in a pivotal MIAA game. The Bearcats are battling to stay within the top eight of the MIAA, assuring them a spot in the conference tournament. Northwest did not help its cause this past weekend, dropping to 5-6 in the MIAA and 11-8 overall following a loss to Emporia State at home. This came after a hard-fought win over Northeastern State when the ‘Cats implemented a full-court press for the entire 40-minute game. Northwest has battled issues with depth all season, but that was no excuse to falter down the stretch of the game, head coach Mark Kellogg said. “There’s no doubt that the last nine or 10 minutes our energy just completely died,” Kellogg said. “Were we fatigued? Yes. But good teams, great teams find ways to still win that game.” Sophomore forward Maggie Marnin led all Bearcats in scoring with 17 points. The ‘Cats began their road trip Wednesday, squaring off against Fort Hays State (14-5, 6-5 MIAA). The results were unavailable for press time. The Tigers are a fundamentally sound basketball team, leading the conference in turnover margin and assist to turnover ratio. With Northwest leading the conference in steals and assists, something has to give. “I think we can keep them off

“There’s no doubt that the last nine or 10 minutes our energy just completely died...Were we fatigued? Yes. But good teams, great teams find ways to still win that game.”
Mark Kellogg

balance as best we can, and that’s kind of the way we look at those things,” Kellogg said. “Mixing defenses, maybe pressing a little bit, just to not let them get comfortable offensively. But they can score the ball too, and they can score quick.” Fort Hays boast a strong inside-out game between junior guard Katelyn Edwards and sophomore center Kate Lehman, testing a strong Bearcat front-court of Marnin and sophomore forward Annie Mathews. “We thought our front line has been pretty good all year. Theirs is equally as good or better,” Kellogg said. The Bearcats travel to Topeka to face a conference-leading Washburn team who has yet to lose a home game this season behind a stout defense. The Lady Blues are giving up a mere 51.4 points a contest, which leads the MIAA. The meeting features an impressive backcourt, as each team is paced by stellar guard play. Senior guard Laura Kinderknecht, who averages 15.3 points per game, leads Washburn, while sophomore guard Ashleigh Nelson guides North-



CODY SIMMONS | NW MISSOURIAN

Sophomore guard Ashleigh Nelson leaves a Northeastern defender behind as she cuts to the lane on Jan. 31. Nelson finished with 12 points in the 67-64 win. west with 11.3 points a night. “We maybe have some things that some other teams don’t with some size and some strength... so maybe we can match them a little bit,” Kellogg said. The matchup will be played at 5 p.m. Saturday.

Men’s team overcomes hardships



Those who have not attended a basketball game at Bearcat Arena this year, because “Northwest is a football school”, are missing out on something special. The women are having a tremendous bounce-back season after last season’s disappointing six-win campaign due to player’s maturing and buying into head coach Mark Kellogg’s system. But the most impressive thing coming out of Bearcat Arena is the coaching job of men’s head coach Ben McCollum and the Bearcat men’s team. Let’s make this clear: I am not bashing the women’s team or saying that what they are doing is lackluster by any means. The men returned four out of five starters off the 2012 MIAA champion team and looked poised to return to the top of the conference. But shortly into the season, senior All-MIAA guard DeShaun Cooper went down with an ankle injury and has received a medical redshirt. However, the ‘Cats did not disappear off the MIAA radar, mostly due to the emergence of junior forward Dillon Starzl, who was a monster in the paint, offensively and defensively. Once again, Northwest was without its best player when Starzl

SEE **BEARCATS** | **A9**